

Italian Roasted Broccoli

Ingredients

- 3 cups broccoli
- 1 tsp shredded parmesan cheese, fat free
- 1/8 tbsp red pepper or cayenne
- 1 tsp italian seasoning
- 1 tsp vegetable oil

Directions

1. Wash and cut broccoli into bite sized pieces, if not already florets (if using frozen broccoli, pat it dry).
2. In a large bowl, combine broccoli, cheese, and other seasonings with oil and toss until fully incorporated.
3. Place on a baking tray with edges lined with parchment paper and bake in a 400° F oven for 8 minutes or until golden brown.

Notes

Number of Portions: 4

Serving Size: 1/4 cup

Nutrition Facts: 31 calories, 1.33 g fat, 0.24 g saturated fat, 24 mg sodium, 4.09 g carbohydrate, 1.54 g fiber, 1 g sugar, 1.83 g protein

